<<<<<< RECREATION HORIZONS >>>>>>

Ou'door Opportunities for the Less-Than-Able Bodied

Jerry Covault
Forester

Lolo National Forest
Building 24, Fort Missoula
Missoula, Montana 59801
(406) 329-3876

Clemson Class of 1985, 1986

Review copy, March 1986

This paper was prepared as a student project in partial fulfillment of the requirements of the Professional Development for Outdoor Recreation Management Program at Clemson University. It in no way reflects USDA-Forest Service policy nor are the opinions expressed those of anyone other than the author.

Jerry Covault

Jerry Covault

ABSTRACT

Handicapped facilities at Forest Service recreation areas provide accessibility but often overlook the real and deep needs that people are seeking in outdoor recreation. This paper identifies these needs and outlines the steps of a program that provide broader recreation opportunities and benefits to the disabled. It does this by outlining a management program which emphasizes cooperation between the public or private sectors rather than the spending of more public money on facilities.

The benefits that result from the ideas presented here are both an enriched life for the disabled and their families and a new tool for the medical profession to use in rehabilitation of newly disabled people. This paper also identifies a similarity between the need of disabled people to experience the outdoors and the same need in a growing number of people who are aging. If this similarity is judged valid, then the ideas presented will benefit a large number of people today as well as show the way to an emerging aspect of recreation that will become increasingly important through the year 2005 as the huge baby-boom generation ages.

TABLE OF CONTENTS

Page

ACKNOWLEDGMENTS..... i

EXECUTIVE SUMMARY..... ii

CHAPTER I

Introduction..... 1
Statement of the Problem..... 1
Hypotheses..... 2
Delimitations..... 2
Limitations..... 3

CHAPTER II

Review of Literature..... 6

CHAPTER III - PROCEDURES

Subjects..... 10
Instrumentation..... 10
Collection of Data..... 11
Treatment of Data..... 12

CHAPTER IV

Results and Discussion..... 14
Objective 1..... 14
Objective 2..... 15
Objective 3..... 21
Objective 4..... 24

CHAPTER V

Summary..... 26
Conclusions..... 26
Recommendations..... 27

APPENDICES

ACKNOWLEDGMENTS

I would like to thank Lois Covault (my wife), Mike Mayer, Joyce Kalmes, and Harriet Lang for all the patient help and training given me while developing the awareness and ideas presented in this paper.

Carol Stevens illustrated the drawings which so effectively enhance the points. Thank you Carol.

EXECUTIVE SUMMARY

The intent of this paper is to show the needs disabled people have for a broad spectrum of outdoor recreation and to develop a process to creatively meet these needs. The point is also made that these outdoor recreation opportunities are the forerunners of a larger recreation program that will evolve as the huge baby-boom generation ages.

The approach was to meet with handicapped individuals and groups and the medical people who deal with them to determine their needs for rehabilitation and recreation. This information was then matched with opportunities on the Lolo National Forest and worked into a program whereby the private sector (hospital) and the Forest Service cooperate.

The result is a program that involves a hospital, the Forest Service, and a handicapped organization (Summit Independent Living Center) providing a broad spectrum of recreation uses on the Lolo National Forest. The program is used for both rehabilitation and general outdoor recreation for individuals and families.

The recommendation is for interested National Forests to adopt some or all of the ideas presented in order to develop their own expanded recreation program. The Washington Office Recreation Branch should examine the idea that recreation programs in the future will need to provide opportunities for older people and disabled as the American population ages. Appropriate policy direction should be developed now.

CHAPTER I

Introduction

There are many different kinds of disabilities affecting people who could benefit from the outdoor recreation experience. These people are young and old, strong and weak, timid and bold, and most have had to give up important things in their lives because of their disability. Outdoor recreation should not be one of the things they have to lose (10)*. The Forest Service has the resources, the creativity, and imagination to provide recreation for not just the mighty--but the many. This will require understanding disabled and finding ways to meet their needs.

Recreation for the bulk of the population changes constantly. External influences that cause the changes include the price of gasoline, state of the economy, size of cars, size of families, and age and health of the population (8). Ultimately, the individual's needs are what recreation has to satisfy. These include achievement of goals, change of environment, solitude, and inspiration (15). All people have these needs to varying degrees. The Forest Service has been accustomed to providing recreation opportunities for the strong, skilled, and adventuresome. Often this has left out the less-than-able bodied.

The Handicapped Act of 1973 opened the door to a segment of the population previously ignored in recreation thinking. The Act has largely been implemented in the Forest Service by removing architectural barriers in campgrounds. This study has locked at the psychological need of the handicapped for outdoor recreation and found it goes far beyond accessible campgrounds.

Statement of the Problem

This paper develops the idea that disabled people can greatly benefit from a wide variety of outdoor experiences on the National Forests. With a low-cost, creativity-intensive program, the Forest Service can serve these people. The opportunities and processes this paper develops for the handicapped may well point the way to future outdoor recreation development as the American population ages.

* Refer to list of sources of information, Chapter II.

Hypotheses

A. Outdoor recreation on the National Forests has emphasized challenging nature--climbing the mountain, paddling the white water, skiing the steep slopes, packing into the wilderness, and hunting the big game. This pattern of recreation use has reinforced the idea that the outdoors is for attaining personal goals, improving skills, and experiencing solitude.

B. The above experiences are equally important to a person who has become disabled or is aging. In fact, experiences in the outdoors can greatly aid in the rehabilitation of handicapped people.

C. The Forest Service has the natural resources and the management ability to create a wide spectrum of recreation opportunities for people of all abilities--and disabilities.

Delimitations

The objectives of this paper are to:

A. Identify disabilities that could benefit from outdoor experiences.

B. Identify the needs disabled people have for outdoor recreation as a part of their recovery process and life style.

C. Identify opportunities on the National Forests that could be developed by the public or private sector to aid in rehabilitation and/or fulfillment of the disabled.

D. Outline processes within Forest Service management systems that could be used to meet the needs of disabled people for rehabilitation and recreation.

This paper is designed to explore these objectives for the following readers:

FOREST SUPERVISORS who are interested in a recreation project that is management oriented and has low Forest Service costs with a high payoff to the local community;

RECREATION STAFF OFFICERS on National Forests who are seeking ways to serve a broader spectrum of the public and design a recreation program of the future;

MEDICAL COMMUNITY that may be looking for innovative programs for rehabilitation of head injured, stroke, spinal cord injured, and other handicapped patients;

FAMILIES WITH DISABLED MEMBERS who need outdoor recreation opportunities for their well being; and

ADVOCACY ORGANIZATIONS FOR THE DISABLED who may be looking for ways to improve the recovery process and quality of life for their clients.

Limitations

The reader may have the impression that this paper is repeating some of the work done by John Costello in his 1983 Clemson paper titled, "Determining Needs for Handicapped Facilities at Recreation Sites" (4). Although the objectives of the papers may be similar, the approach to achieve these objectives and the results are quite different. Since 1983, the management thought in recreation has changed from Government providing facilities to emphasis on the user paying and the private sector supplying many of the recreation facilities. Advances in technology, advocates of handicapped, and Government budget limitations are forcing many agencies to evaluate how they do business in outdoor recreation.

The Costello approach focuses on a Forest Service designer developing ideas for facilities at a specific site and the Forest Service constructing the facilities. This is valid and always will be in certain situations. The approach this paper takes is to actively include the affected public in planning recreation that will result in more usable and used facilities with less cost to the Government. This paper begins from the premise that disabled people need outdoor recreation, and the best way to design facilities that truly serve their needs is to ask them what they want and involve them throughout the process. Medical doctors and psychologists also understand the needs disabled have in the rehabilitation process and can see benefits to their patients from outdoor recreation. The Forest Service, working with disabled people, and the medical community at the early planning stage can then develop the best possible opportunities for the handicapped.

Since 1983, the Forest Service effort has been to reduce the directive system and allow managers to set program direction based on local needs and Forest Plans. This paper endeavors to motivate Forest Service managers to move ahead with a program for the handicapped because of the benefits it offers. These include working with a segment of the public to provide service to a greater number of people (service), developing the opportunity to shift some costs of operating Government facilities to the private sector (savings), the possibility that the medical community can operate a rehabilitation program for a profit (economy stimulation), and developing recreation designs that

may be forerunners of a larger program that will be needed to serve the aging American population.

This process is driven by a desire to be innovative and to care for people, an understanding of natural resources, and a service concept rather than direction from higher levels of organization.

This project is not one that lends itself to analytical analysis. It is much more a project that presents needs and ideas derived from interviews, discussions, meetings, and letters. These thoughts were then formulated into direction that can be adapted to varying local situations. The benefits may vary under different Forest situations. An analytical analysis that quantified many factors and arrived at a set of conclusions would be too inflexible to result in a program that could be adapted on a wide variety of National Forests.

In the mid-1980's, Government programs that serve small segments of the population are being reduced. Does, then, a program that provides facilities and techniques to help the handicapped serve such a few people that it is not worth the cost? Are we monitarily already doing enough for the disabled (5)? Cost is an important factor to examine.

This paper looked at cost from a broad programmatic basis rather than on a project basis and found there may be some long-range savings which more than offset immediate costs.

Developing different and innovative recreation opportunities for the disabled now is a way of researching what the recreation facilities of the future may be. This is not to say there will be many more people in wheelchairs. Facilities that enable handicapped use of an area will offer conveniences and levels of challenge that are appreciated by the middle-aged person who may be overweight, out of shape, accompanied by children, or just looking for a mellow and easy-going outdoor activity. This point will be developed further in Chapter IV of this paper.

Responsible management requires looking ahead to anticipate the needs of the future. Although there is cost involved in developing programs and facilities, if these are developed with an eye to the future, the result will be a well-thought-out recreation program with cost savings in the long term.

Mr. Blair Wood (20) raised the concern that "nature will be remade to accommodate people." The Reverend Jim Cavendar (2) had similar concerns and urges that we not "subdue" the land or exercise "dominion" over it but..."live in harmony with the earth." These are important and insightful concerns for giving the needs of the land very high priority.

Balancing the benefits of convenience and access suitable for handicapped with the need to keep natural areas wild is a concern that must be addressed. Managers should recognize that it is not desirable to make all recreation facilities accessible by wheelchair. Trails in wilderness areas are generally not appropriate for use by the disabled. There are many other recreation facilities that are just not appropriate for handicapped access, but there are many that are. Good management will be selective, pick appropriate sites that represent a wide spectrum of recreation opportunities where the added development is compatible with the land and nature.

CHAPTER II

Review of Literature

The literature that was reviewed for this study can be grouped into two major categories: background material from books and magazines; and information gathered by the investigator through interviews, personal letters, attending lectures, and attending group meetings. The sources of information are listed alphabetically and numbered. The numbers in the text of this report refer to the sources of information in this chapter.

1. Bertrand, Susan, M.D. - Medical Director of Rehabilitation Center at Missoula Community Medical Center. October 9, 1985, meeting. Dr. Bertrand expressed the idea that a mountain forest setting would benefit stroke, chronic pain, and head injured patients in their rehabilitation. Outdoor work projects and buildings suitable for therapy meetings and overnight accommodations would be desirable for a rehabilitation program in the mountains.

2. Brantley, Bert, Ph.D. - Clemson University. 1985-1986, Outdoor Recreation Management Shortcourse. Build the future on a wellness and physical fitness philosophy. Recreation experiences are a means to recreate societies' values.

3. Cavendar, Reverend James - Minister, United Methodist Church, Glenwood Springs, Colorado. In a letter to the investigator, he expressed his belief that any development for outdoor recreation should be done in harmony with the land--not to subdue or gain dominion over the land.

4. Costello, John - Landscape Architect, Routt National Forest. "Determining Needs for Handicapped Facilities at Recreation Sites," prepared for the Clemson Outdoor Recreation Management Shortcourse, 1983. This paper analyzes Forest Service policy concerning facilities for the handicapped and the 1983 procedures for providing accessible sites.

5. Covault, Jennifer - Recreation Department, Blain County, Idaho. In a letter to the investigator, she expressed concern about the high cost of recreation facilities for the handicapped when these facilities serve so few people. She suggests that handicapped need to take more personal responsibility in finding outdoor recreation they can enjoy.

6. Ficke, Jim - Recreation Staff Officer, Routt National Forest. In a letter to the investigator, he described with pride the improvements in recreation sites on the Routt National Forest and the Costello's "Guide for Recreation Planning." He commented on being disappointed in the response from disabled users but that the State would mention the accessible sites in the 1986 fishing regulations.

7. Forrey, William - Pennsylvania Department of State Parks. Lecture, 1985-1986, Clemson Outdoor Recreation Management Short-course. He explained the process his Department was using to lease buildings on State land to private interests. He also talked about using mentally retarded to do Forest projects.

8. Hornback, Keith - 1985, "Social Trends and Leisure Behavior," National Outdoor Recreation Trends Symposium II. Recreation is an issue that will receive more attention in the last half of the 1980's. It is important that planners in outdoor recreation understand the forces at work to stay in the mainstream of recreation options.

9. Jones, Landon Y. - Great Expectations. Ballantine Books, 1980. Demography of the baby-boom generation born between 1946 and 1964. He follows the tremendous impact this generation has had on all institutions and values of American society and presents research findings on the characteristics and reasons for behavior of this generation.

10. Kalmes, Joyce - Summit Independent Living Center. Paraplegic. In discussions with the investigator, she expressed the following thoughts, along with may others, during 1985-1986:

"There is more to independent living than getting a job."
"I don't want to feel conspicuous or like I'm in a box."
"We need the opportunity to recreate with family or a group of able-bodied friends."
"Recreation is often times why people work--work to recreate."
"Costs to recreate are often a factor. Most disabled are well below poverty levels."
"Recreation should reduce anxiety."
"I want to be able to get wet in a stream or lake."

11. Mayer, Mike - Summit Independent Living Center. Paraplegic. Mayer, in cooperation with the Routt National Forest, produced "Outdoor Recreation Site Accessibility Information and Attractions" for eight recreation sites in the summer of 1985.

12. Murphy, Kevin, Ph.D. - Psychologist, Rehabilitation Center. In an interview with the investigator and at a group therapy session, Dr. Murphy made the following points:

"Disabled are different, they stand out, the easiest thing for them to do is hide."
"Disabilities mimic old age."
"It would be nice to have outdoor recreation for handicapped that able bodied don't go to."
(Almost all of his patients enjoyed the outdoors before their disability.)
"The disabled are told 'you'll have to change, give up the outdoors.' Let's make a few changes in the environment."
"A large percent, maybe 70 percent, would use outdoor recreation if it were available to them."
"Taking risks is what makes us feel alive."
"Don't make everything easy, it is too condescending."

13. Naisbitt, John - Megatrends. Warner Books, 1982. This book discusses social and economic changes that are occurring in American society.

14. Ross, Dean, M.D. - Physiatrist in the Rehabilitation Center of Missoula Community Medical Center. In an interview with the author and at the October 9, 1985, meeting, Dr. Ross made the following comments:

"Outdoor experiences for the disabled contribute to a worthwhile life for them and help them to flex all the muscles that are still working."
"The outdoors, mountains, and forest is the essence of life for many."
"An outdoor experience should have real appeal with real experiences like an opportunity to see elk or an eagle. All five senses should be stimulated in an outdoor experience."
"Reduce restrictions in some National Forest areas to allow handicapped access by motor vehicle."
"An element of safe risk is essential in a disabled person's outdoor experience."

15. Schreyer, Rich, Ph.D. - Utah State University. 1985-1986, Clemson Outdoor Recreation Management Shortcourse. Dr. Schreyer spoke extensively on the elements and benefits of outdoor recreation to individuals and society.

16. Shafer, Elwood and Christiansen, Monty - "Future Images and Implications," 1985, National Outdoor Recreation Trends Symposium II. Implications of trends for outdoor recreation, education, research, and management are discussed for 2000 and beyond.

17. Siehl, George - "Trends in Federal Outdoor Recreation Policy," 1985, National Outdoor Recreation Trends Symposium II. Siehl sees a lower level of support for public recreation programs and places increasing reliance upon the private sector to meet the changing demands for leisure opportunities.

18. Watson, Larry - Executive Director, Mountain Disabled Outdoor Group. Paraplegic. Watson expressed in a letter to the investigator:

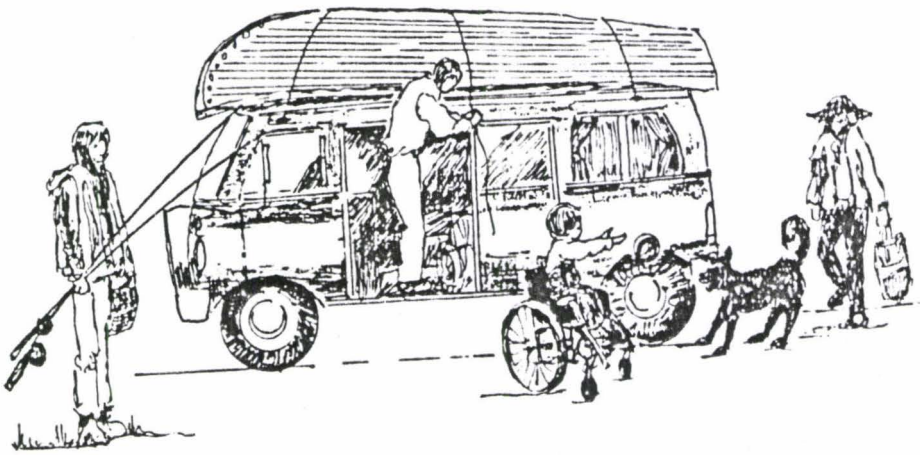
    "When a disabled person once again learns how to recreate, they will regain confidence in themselves and try other things as well."
    "Recreation in the outdoors provides an excellent opportunity for interaction of the disabled with the able bodied."

19. Wallach, Frances - "A Word to the Wise: Old Isn't Old Anymore," Parks and Recreation Magazine, January 1986.

    "The elderly will require challenge from you and massive changes in direction on the part of public agency recreation providers."

20. Wood, Blair - Lawyer, Lebanon, New Hampshire. In a letter to the investigator, Wood made the following points:

    "The most important consideration for our natural resources is preservation."
    "If you stress comfort and accessibility, nature suffers and suffers irretrievably."
    "All multiple uses must first and foremost honor the resource."
    "Whatever your goals, you must access nature in a way that is nondestructive."



CHAPTER III - PROCEDURES

Subjects

The need to undertake this study became evident in April 1985, when Joyce Kalmes of Summit Independent Living Center called the investigator on the Lolo National Forest to ask what recreation facilities the Forest Service had for handicapped. When told of several campgrounds with handicapped toilets on the Forest, Kalmes said, "That is fine, but campgrounds are not really what we need."

With all of the money and effort the Forest Service had put into handicapped facilities, the agency had evidently fallen short of meeting the needs of the handicapped. It appeared a different approach was needed to create useful facilities for handicapped outdoor recreation.

Through a series of discussions between Joyce Kalmes of Summit and the investigator, three basic questions were developed:

A. What kinds of disabilities can benefit from outdoor recreation, and what kinds of opportunities are needed?

B. How could the Forest Service use its natural resources, existing facilities, and programs to meet the needs identified in the first question?

C. How could a program such as this be made attractive to Forest Service managers?

Criteria for approaching these questions included: A) go to the medical community specializing in rehabilitation to see if there is a need for outdoor recreation in their programs; B) go to handicapped individuals, advocacy groups, and families to see what they want and need in outdoor recreation; C) opportunities on the National Forest must be low cost--use existing facilities as much as possible and function within existing authorities; D) look for opportunities to involve the private sector; and E) ask for ideas and opinions of "thinking" people who are not directly involved with the handicapped.

Instrumentation

To gather information, a letter was developed which states the objectives of this paper and asks for comments. The letter also included information on why the problem is worth study and the target

audience for the paper (see appendix A). Additional information was gathered at various meetings set up to encourage exchange of information.

Collection of Data

The investigator maintains a list of people in various professions who have shown interest in natural resource issues and have the ability and motivation to do insightful thinking. The letter outlining the objectives for this paper and requesting input was sent to 10 people in October 1985. People receiving the letter included a lawyer, clergyman, ski instructor, recreation employee, sociologist, and foresters.

In addition to the letter as an instrument of data collection, meetings, interviews, and attendance at disabled counseling sessions were used to gather information.

The first meeting between members of the medical community and Forest Service officials was held October 9, 1985. The objective was to determine if there is a need and opportunity for the two professions to work together in developing a program using the National Forest to help the handicapped (see appendix B).

The investigator conducted an interview with Doctor Dean Ross, a physiatrist, on November 22, 1985, to discuss rehabilitation needs of handicapped. Dr. Kevin Murphy, a psychologist, was interviewed on December 13, 1985, concerning the same topic.

A peer counseling session for handicapped was conducted by Dr. Murphy on November 14, 1985. At this session, 15 handicapped people discussed their needs and how to help others. The investigator was invited to attend, observe, and collect information.

Throughout the summer and fall of 1985, Joyce Kalmes and Mike Mayer, both paraplegics and employees of Summit, met with Forest Service Ranger District and Supervisor's Office people at recreation facilities throughout the Forest. These meetings produced an understanding among the Forest Service people on what a suitable handicapped facility actually must do. This information is essential for developing a handicapped program or facility.

A second meeting between the medical community and Forest Service officials was held January 9, 1986. The objectives were to review the information gathered as a result of the first meeting and plan the next step to take in developing a cooperative program (see appendix C). This meeting resulted in scheduling a field trip for February 7, 1986, to look at Forest Service facilities the Rehabilitation Center might use in their program. Two sites were visited. As a result of

this trip, a committee of medical people, including a hospital administrator, a director of a rehabilitation center, and a psychologist, is developing the criteria for carrying on a portion of the rehabilitation program in a forest setting using Forest Service facilities. After this step, the Forest Service will determine if it can accommodate these needs.

As this process continues toward using the National Forest for rehabilitation and outdoor recreation for handicapped, more information will be collected and understood. At the time of this writing (February 1986), the process has not progressed to the point of developing a special-use permit between the hospital and Forest Service.

Information on existing and potential recreation opportunities on the National Forest is in the files and minds of Forest Service employees. This is key information and readily available. The critical factor is to find the ways to use it creatively. There must be a willingness to reorient knowledge to serve a slightly new or different need. In this project, Forest Service people who know and understand the existing recreation situation have direct contact with people in wheelchairs and the medical profession who know and understand their needs. This process produces information on new and different ways to use Forest Service resources to serve the recreation needs of the disadvantaged.

Treatment of Data

As information was gathered, it fell into three general categories: A) what the handicapped people and their families want in outdoor recreation; B) what the medical community sees as required for rehabilitation; and C) the opportunities that exist on the National Forests that could be oriented to meet those needs. The basic problems addressed in this paper could then be examined in the light of information.

This information analysis led to results in three areas of the Forest's recreation program. Information gathered from the handicapped group and shared with District resource assistants resulted in immediate, low-cost changes in recreation facilities that made a wider variety of recreation opportunities available. Meetings between the medical community and the Forest Service are in the process of resulting in some Forest Service facilities being operated under special-use permits to aid in rehabilitation of disabled.

Psychologists and physiatrists identified the outdoor recreation needs of the disabled and aging as being very similar. This information gives the Forest Service a way to look at future trends in recreation demands as the baby-boom generation grows into middle age. In light of this perspective, the handicapped recreation program becomes attractive to Forest Service managers because it is cost effective and can point the way to future outdoor recreation.

CHAPTER IV

Results and Discussion

This chapter presents the data used in describing a system for establishing an outdoor recreation program for the disabled with the cooperation of both the public sector and private sector. The procedure can be described by using the objectives of this paper as steps in the process.

Objective 1: Identify disabilities that could benefit from outdoor experiences.

The term "handicapped" has come to mean a person in a wheelchair. This is too limited a way to look at the disabled population. More thought brings to mind victims of multiple sclerosis, arthritis, spinal cord injuries, head injuries, stroke, visual impairments, development disabilities, chronic pain, advanced age, or any other disease or happening that leaves a person in some significant way encumbranced. Stroke patients represent the largest population of people needing rehabilitation in the mid-1980's. This will continue to be the case through the year 2005 (1). Facts such as this are a function of the baby-boom generation growing into middle age (9).

The typical stroke case seen in Montana involves a couple who have saved throughout their working years for a retirement place in the mountains or their retreat. Within a short time, the husband suffers a stroke and can no longer get out to hunt, fish, or walk with privacy and dignity. Often he cannot talk. The wife must become the care-giver, with no relief and few chances for diversion. An outdoor experience on a regular basis could be of tremendous value to both partners (1).

Spinal cord injuries happen typically to the young under 25, who were adventuresome people, leading physically active lives involving outdoor recreation and work. In many cases, that is what led to their accidents (14). These disabled people retain all of the desires and needs that drove them to reach out and challenge and experience the outdoors as young able-bodied people. They still need a challenge, but it must now be in a different way (10).

Family members, mothers, fathers, husbands, wives, or friends also need a variety of activities they can participate in with the

handicapped (18). Outdoor recreation experiences would enrich their lives greatly (15).

***** Aging *****

Old people who spent their earlier years in the outdoors working, hiking, fishing, and hunting need to be able to maintain, in a gentle way, this contact with the outdoors that has played such an important role in their lives. A stroll through a city park often cannot provide enough variety and interest to occupy a person who spent younger years exploring mountain ranges.

Objective 2: Identify the needs disabled people have for outdoor recreation as a part of their recovery process and life style.

"Because we (handicapped) do it too slow or not as good, they do it for us, and what do we learn from that?"

Gary, paraplegic

"Independent living is not just getting a job---."

Joyce, paraplegic

"They (handicapped) can achieve once more what they had thought would be impossible for them ever to do again."

Larry, paraplegic

"The big issue with the disabled is they are different. They do stand out. The easiest thing for them to do is not go anywhere."

Dr. Kevin Murphy, psychologist

"Normal on our Earth is trouble and strife, trial and tribulation, and the handicapped person has a right to be exposed to it. Normalization includes the dignity of risk."

Dybwad

Recreation on the National Forests is dynamic, always changing in terms of kinds of programs and overall emphasis. For example,

there was a time when summer homes were encouraged. Since the mid-1970's they have been discouraged. There was the boom in campground construction and motorboat use in the 1960's. This trend was followed by backcountry and dispersed recreation with canoeing and rafting in style. The point is, the Forest Service must be looking ahead, anticipating trends in what Americans want in outdoor experiences. Those who study population trends can help.

***** Aging *****

Demographers tell us the baby-boom generation, those people born between 1946 and 1964, represent over 70 million people, about one-third of our 1980 population. This generation has made a tremendous change in every social institution and program it has grown through. This has been true of the hospitals they were born in, through grade schools, colleges, and marriage and jobs (9). In 1986, the leading edge of the baby-boom generation is approaching middle age. When a person goes from young adult into middle age there are some very basic changes that take place in life style, including recreation. As young adults, people are often looking for adventure and challenge in an outdoor experience. When the baby-boom generation was in its young adult years, during the late 1960's and 1970's, the Forest Service and other agencies were strongly impacted by the demands for challenging outdoor recreation. Demands for a better recreation trail system increased. There were movements to improve the Appalachian Trail, to develop a Pacific Crest Trail, and Continental Divide Trail.

This generation looked upon the nation's wilderness areas as a place to have a peak recreation experience. They developed light backpacks, dried food, and light-weight stoves that made the wilderness accessible, and sometimes crowded.

It was the young adult baby-boom generation that developed the popularity of kayaking, rafting, and canoeing the nation's rivers and streams.

There are now indicators that recreation use patterns are again beginning to change. Recreation visits to wilderness areas have generally been declining in the 1980's. Daily News Digest carried an article describing these changes on October 28, 1985. It said:

> CHANGING TIMES CHANGE CAMPING INDUSTRY -- Recently, as some of the appeal of the backwoods has waned, the demand for high-end camping goods has declined and manufacturers have found that staying in business requires something more sophisticated than an outdoorsman's ingenuity, the New York Times says. Changing leisure time activities, along with shifting tastes, experts say, have prompted the decline in demand for highly technical backpacking goods. Figures from the National Park Service show that over the last decade, the number of backcountry stays in the nation's wilderness areas, where the more expensive thermal sleeping bags and featherweight tents are most useful, has generally been dropping. In addition, the "pine cone and granola" look that was popular in the 1960's and 1970's has given way to a more pointed style that reflects the popularity of punk rock.

These could be indicators that the baby-boom generation is making a shift in what its citizens are looking for in recreation experiences.

Those born in 1946 will turn 40 in 1986. It is reasonable to assume that as this generation ages through its 40's, these people will continue to participate in outdoor recreation as they have been doing for 20 years. However, middle-aged people obviously will want different things in their recreation experience. Opportunities for less physically demanding experiences will be desired; less time-consuming recreation will be attractive to those with heavy demands on their time from job, family, and community activities. These needs are similar to what handicapped people require to participate in outdoor recreation.

Psychologically, people who have become disabled have the same desires as the able bodied. These include a feeling of self worth; a feeling of independence--the need for solitude; the ability to achieve goals--act independently; and the opportunity to take risks with a "reasonable" degree of safety (10) (12) (14). Outdoor recreation can be a vehicle to allow disabled to achieve goals that are not available in the hospital or home environment. It can provide the chance to take "safe risk" (14) which is so necessary in the recovery and therapy of people. Outdoor recreation can be a significant asset in reestablishing a feeling of self worth and well being because a person can experience independence, solitude, and quiet places to reflect and renew (12) (14).

Although it is a common thought that the handicapped want and need to be in the mainstream of able-bodied life, that is not always the case. Dr. Kevin Murphy (12) talks about the need his patients have to try new experiences away from the view, and help, of the able bodied. Rehabilitation involves trying to attain a goal, failing, and trying again until success is achieved. Often people prefer to do this in private or at least away from a lot of people. Independence and individual achievement are important. Outdoor recreation can provide a place to practice achieving.

To meet their needs for outdoor recreation, disabled people want and deserve the full gamut of outdoor recreation that the National Forest has to offer. This does not mean every recreation facility must be usable for disabled with handicapped toilets at every site. It does mean, carefully selected recreation sites representing all parts of the recreation spectrum should be made truly accessible to the handicapped. If high mountain lakes are an important recreation resource on the Forest, at least one lake should be reachable by the disadvantaged. Some trails and some fishing spots along streams should be accessible. Some campgrounds that have the characteristics favorable for handicapped should be usable, and certainly lakes and streams should have some access points for disabled people (10).

When the facilities are in place to provide the full range of recreation for handicapped, only the first part of the job is done. For those opportunities to receive use, the potential users have to know about them (6). Information that meets the needs of handicapped must address the specific kinds of things they have to know before they can become users. In addition to the normal information found in a Forest Service Recreation Opportunity Guide, the handicapped person planning an outing must know how far to the nearest telephone, how far to the nearest medical facility, exactly what kind of recreation experiences are available, appropriateness of electric wheelchairs, if a space can be reserved, kinds of wildlife in the area, type of road to the site, and

appropriate clothing (10) (11) (see appendix D). This is necessary because it requires much more effort and commitment for a handicapped person or family to undertake an outdoor experience. There has to be enough information to ease anxieties and provide expectations of success or it will be easier for the handicapped to never try to use the facility (12).

The Lolo National Forest has worked with Summit Independent Living Center in making field checks of selected recreation sites. Needed corrections have been made and the site's opportunities written up by Summit representative Mayer (11). This information is available at Summit and will be published in a spring 1986 newsletter. Summit Independent Living Centers are located in over 250 cities throughout the United States. Organizations like this are a resource to use in planning an effective outdoor recreation program and distributing information to potential users.

The Lolo National Forest is in the process of developing an Outdoor Recreation User's Guide for the disabled. This guide will likely have less than 15 sites in it. These sites will be described with the information necessary for the handicapped user to have reasonable expectations of what the site has to offer. Summit is under contract to do field checking and help with the write-up of the user's guide.

The Lolo National Forest, working with Kalmes (10) and Mayer (11) during the summer of 1985, made accessible a high lake, a hiking trail, a stream for fishing, a group picnic site, a small lake, and some large campgrounds. Some of these had handicapped facilities installed previously, but small low-cost adjustments had to be made for the sites to be truly usable following the field inspections by Kalmes and Mayer.

The Lolo will <u>not</u> build wheelchair trails in wilderness or other remote rugged areas. The emphasis is to use the developments that exist and with low investment of capital provide as wide an assortment of recreation opportunity as possible. Following are descriptions of some of the projects on the Lolo:

A. Walking trails for disabled need to be wide enough for a wheelchair or two people walking side by side. The surface needs to be relatively hard gravel with a good binder. Loose gravel or soft sand is not usable by wheelchairs or many older people. Trails need to be flat with no outslope, sustained grades less than 6 percent, and drainage needs to be with gentle grade changes, rather than waterbars. Many National Forest roads which have been closed to vehicle traffic meet the criteria for a good handicapped trail. To be used as a wheelchair trail, the road should be closed to vehicle use,

offer some nice vistas, and have potential to see wildlife. The gate closing the road should be located where a few cars can park and a wheelchair can get around it or under it. People in wheelchairs have to have a handicapped toilet associated with every recreation facility. For a low-cost project like the "closed road" trail, a portable handicapped toilet can be rented or purchased. A portable handicapped toilet costs less than $1,300 and provides flexibility in providing summer and winter recreation. A portable handicapped toilet at a snowmobile trailhead makes the site and the sport available to people that could never enjoy it before.

B. Waterways access is very important in providing the full range of outdoor experiences. Disabled people need ways to get into the water, all kinds of water. Some high elevation cirque lakes, large lakes, and streams should have wheelchair trails going right to the water's edge and continue into the water (10). Of course these sites also need a handicapped toilet and parking.

C. Campgrounds and picnic grounds have been the focus of disabled outdoor recreation since the Handicapped Act of 1973 was passed. Most campgrounds have handicapped toilets. Forest Service managers need to be sure the investments are going into sites that are on flat ground and open enough for a disabled person to get around. Many campgrounds are not at a suitable site because of steep slopes or brush. Handicapped toilets are all too often inaccessible to wheelchairs because the ground may have settled around the base creating a little "step." Poor location is another problem that often causes toilets to be usable only by able bodied.

D. Signing a recreation area to help the visually impaired can often be as simple as being sure signs are in obvious places (at least 4 1/4 feet high) and located adjacent to trails.

E. A trail head that accesses an area that is to serve the handicapped must have a suitable toilet. If there is a possibility to use horses out of the trail head, a ramp can be constructed that allows a person to get from a wheelchair onto a horse. The ramp should have no more than a 1:12 slope with a flat platform at the top and a "bumper" around the platform to prevent a wheelchair from rolling off (10).

This section has outlined needs the disabled have in outdoor recreation: A) The psychological needs the handicapped have for seeking recreation are very much like those of the able bodied; B) There is the need for information about recreation opportunities with a description of the facility that will make it comfort-

able to undertake the adventure. This is true of all types of disadvantaged from old age to a quadriplegic; and C) Finally, the disabled need some special facilities. Toilets are essential. In analyzing these needs it has become obvious that similar facilities can serve people disabled by a wide variety of ways.

Objective 3: Identify opportunities on the National Forests that could be developed by the public or private sector to aid in rehabilitation of the disabled.

A. This step of the process involves an inventory of the developed sites on the Forest. John Costello's 1983 Clemson paper (4) is an excellent tool to use in this process. Costello has also developed a barrier free site design guide that is helpful. Another tool is to contact Summit Independent Living Center and contract with a person in a wheelchair to visit two or three recreation facilities on the Forest. Campgrounds should be checked to see if they can really be used and if they have something of value to offer.

If there is handicapped access to water, see if a person in a wheelchair can roll the chair into the water and back out. A chair perched 6 inches or a foot above the water surface leaves the potential user "so close" but still out of reach of water recreation.

B. From this inventory, the data is available to select the best sites. The entire recreation spectrum of the Forest should be represented by the selected sites. If there is a popular loop or day-hike trail, the first segment may be made usable for handicapped. This would allow a disabled person, or families with small children, to participate with able bodied friends who may take the longer hike, but they still share similar experiences at the same time (18). Access to streams, rivers, and lakes is a very important handicapped outdoor recreation. The able-bodied fisherman often wades into the stream to get to a good hole or bring in a fish to his net. Disabled are the same--they need a trail that will allow their wheelchair to go right into the water up to the axles. Then, he or she can really fish if the trail has been planned so it is near a good hole. A way to provide a wheelchair ramp that goes right into the water is to use a metal grate, like a large fireplace grate or outdoor fire escape grate, that can be laid on the ground partially buried in gravel. This will stay in place and provide a stable surface for a wheelchair.

Boat ramps need to be designed with the input of a person in a wheelchair to allow access to a boat, raft, or kayak. Campgrounds that have been designed and constructed for handicapped use must be looked at very critically to be certain they are free of barriers such as: steep grades, inaccessible toilets, inadequate

parking, traffic barriers that restrict wheelchairs, and other barriers that have been overlooked. Just as there are theaters, stadiums, and other public buildings that are designed for handicapped access and yet leave no place for a wheelchair to sit except in the aisle, there are many campgrounds which have unnoticed barriers.

Doctors at the Missoula Community Rehabilitation Center (12) (14) estimated that most of their patients would utilize outdoor recreation facilities at some point in their rehabilitation if they were available and known.

C. A key step in making outdoor recreation available for the disabled and their families is to let them know it is there. This takes an active effort--not a passive attitude.

-- At recreation sites on the Forest, handicapped symbols can be put on campground signs, trail head signs, and other facilities (10).

-- Handicapped symbols can be incorporated into Forest visitor maps and travel maps.

-- In writing Recreation Opportunity Guides, consultation with Summit or some other group is necessary to get the information transmitted to a handicapped person or family so they will know what to expect.

The information can be distributed by disabled group newsletters at medical rehabilitation centers and in the local news media as well as in Forest Service offices.

D. The Forest Service has the opportunity to make some buildings available to the private sector for use in rehabilitation and outdoor recreation for handicapped and their families.

In the rehabilitation of head injuries, stroke victims, and paraplegics, there comes a time when the patient and physiatrist or psychologist needs to get away from the hospital atmosphere. A desirable situation is a place with few distractions, quiet atmosphere, safe, and in a building where therapy could go on for extended periods of time (1) (12) (14).

The Forest Service has many Ranger Station sites that are not fully utilized because of consolidation of Ranger Districts. Some of these buildings and sites may be just what hospital staff people are looking for to aid in patient rehabilitation. Forest Service buildings under permit (7) to a hospital could be used to show a patient it is possible to continue to enjoy the outdoors, to achieve, and develop the skills to work and recreate doing

activities they value. Work is an important part of rehabilitation therapy for the disabled. At a Forest Service site, the option for outdoor projects would exist. This could provide an alternative to the jobs available at the hospital cafeteria, laundry, office, or lawn.

This type of program may benefit a Forest because the buildings and site would be serving a useful purpose and would be maintained by a responsible permittee.

In this situation, it is possible for Forest Service operating costs to be reduced; a hospital program expanded with potential for profit and added employment. But the greatest benefit would be providing a new tool to increase the value-of-life for the disabled and their families.

***** Aging *****

E. The Forest Service may want to reconsider the summer home policy as the American population ages and people's wants in National Forest recreation change. Although the policy of the 1920's and 1930's, encouring people to take up summer homes on the Forest will probably never be appropriate again, the present policy against new summer home development may need reexamination. With creative approaches, the Forest Service may find different ways to utilize summer homes and summer home sites for the benefit of those aging Americans who will be needing different ways to enjoy the outdoors. A simple way to accommodate more people in the existing homes under permit would be to allow the permit owner to rent out the permitted home.

F. The cautions expressed by Cavendar (3) and Wood (20) urging high priority in preserving the wilderness and beauty of nature is important and must be given constant attention. The Forest Service must be selective in choosing sites to be made accessible to handicapped. Normally, these should be sites that have rather easy access for the able bodied and with some minor changes can be accessible to the disabled and provide an experience that has not been available in the past. It is essential to avoid making all recreation experiences easily available so that the land is subdued and the challenge to the able bodied is lost.

This section encourages Forest managers to adopt a recreation philosophy for developing opportunities that have previously been

overlooked because they were not recognized as a "peak" experience. It is essential to get the information on handicapped needs for recreation facilities and to put effort into the sites that meet the criteria. Planning should address specific needs and anticipate the future.

Objective 4: Outline existing processes within Forest Service management systems that could be used to meet the needs of disabled people for rehabilitation and recreation.

The Forest Service prides itself in its use of public involvement. This same involvement should include the handicapped public. Planning that initially involves the user group looking at the situation on the ground will result in a development that is usable and used. Planning that ignores this step often results in a development that is under used because it is unneeded or the design makes it unusable. Including the handicapped in planning will insure the spirit of the handicapped law and policy will be met. It will also build commitment on the part of the Forest officers and disabled groups. Commitment and interest are the essential factors in a successful program, but public involvement comes first. The Yellow Pages of the telephone directory list handicapped organizations under "Handicapped." All moderate-to-large-size cities have organizations that can provide the consulting services.

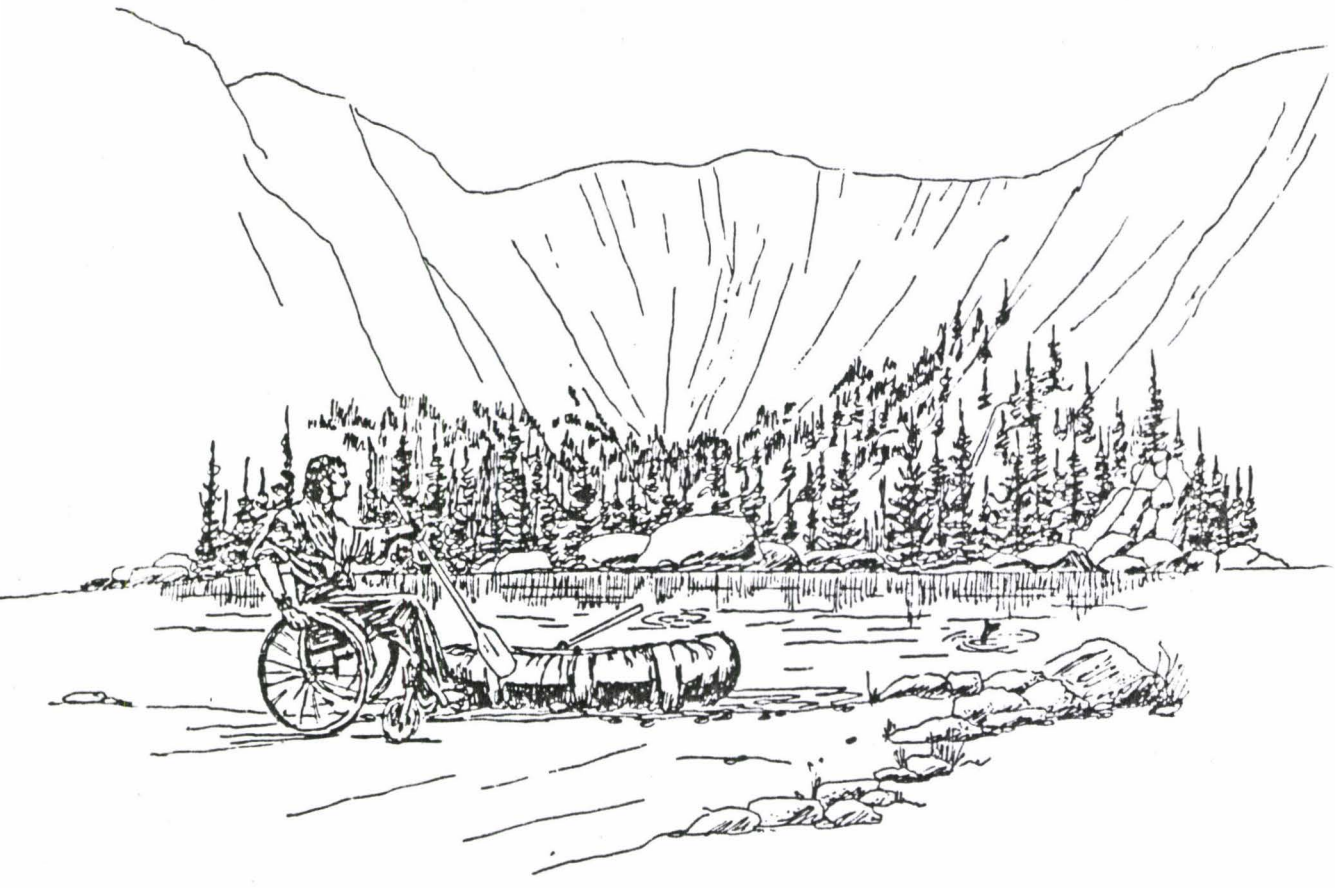
More than ever before, the Forest Service will have to work with the private sector to provide a full spectrum of recreation opportunities for Americans (17). This is true for disabled as well as the able-bodied recreation. The primary tool available to accomplish this is the special-use permit. When the National Forests have the natural resources for outdoor recreation, the public has the need, and private industry can be the means that brings the need and resources together to benefit people, the special-use permit is the contract.

It is appropriate for the Forest Service to go to the private sector and negotiate for development and operation of recreation facilities. If it is the kind of opportunity where there may be several private firms interested, a prospectus may be prepared advertising the opportunity.

If the responsibility for improvements or new facilities is clearly with the Forest Service, the funding has to be planned. Normally, protection and maintenance dollars are used for these projects. If it is a large project it can be planned for construction with capital investment money for recreation projects. For some projects, such as trails and trail heads, Forest roads and trail funds may be available, either capital investment or

maintenance dollars. Capital investment dollars require plans completed a few years ahead of construction. Handicapped needs may help raise these projects in priority. When the recreation opportunity is in the area of a planned timber sale, it may be possible to design the cutting practices and access roads to actually help a recreation situation. Knutson-Vandenberg funds generated by the sale of timber can be used to make recreation improvements in the vicinity of the sale.

The opportunity to initiate a new wave of recreation programs to serve a growing segment of the population is there. It is a way to move with confidence into the future.



CHAPTER V

Summary

The National Forests provide a broad spectrum of recreation opportunities ranging from wilderness experiences to summer homes, lake fishing to white-water kayaking, and downhill skiing to dog sledding. However, the spectrum of opportunities for handicapped recreation has been rather narrow and clustered around the campground experience. This paper looks at the needs of the handicapped and the kinds of recreation that could be beneficial in their rehabilitation and in rekindling their interest in life. The findings show the disabled could greatly benefit from a broad spectrum of outdoor recreation experiences. As the study developed, it became obvious that people who are aging have similar needs in and desire for outdoor recreation. This correlation indicates an expanding need in recreation as the American population ages.

A process is described for working with handicapped groups, the medical community, and the private sector to develop a handicapped recreation program. The objective is to develop a low-cost creative program that will be used by people with a wide variety of disadvantages, including the encumbrances of middle/old age as well as small children.

Conclusions

This paper begins from the hypothesis that outdoor recreation provides some basic human needs including accomplishing goals on one's own, improving skills, a chance to reflect on personal values, and solitude; these needs are as important to the disabled, or aging, as they are to the strong and able bodied. In fact, outdoor experiences can greatly aid in rehabilitation of those who have become handicapped by accident, disease, or advancing age. By becoming aware of the need, Forest Service recreation managers can match opportunities that will result in recreation programs serving a much larger segment of the public. Recreation trends in the future will almost certainly need to serve the desires of a growing less-than-able bodied segment of our population as the baby-boom generation ages.

The Forest Service can initiate innovative recreation programs to allow the disabled to enjoy a wide spectrum of outdoor experiences with a low-cost, management-oriented program. It involves identifying the needs. This can be done by meeting and listening to individuals who are handicapped, meeting with medical people involved in rehabilitation to see what their patients need, and meeting with organizations

advocating help for disabled, such as Summit Independent Living Centers. When the needs are understood, they can be matched with opportunities on the land, and a broadened outdoor recreation program is the result. The needs will likely involve opportunity for "safe risk" (14), a chance to achieve worthwhile goals independently, solitude, viewing wildlife, and an opportunity to "get wet" in a stream or lake while catching a fish or rafting. These needs can often be met by thought and design and working with the private sector.

The appendices contain letters setting up and documenting meetings that worked through this process into a program on the Lolo National Forest.

Recommendations

Many of the thoughts presented here are usable on a large number of National Forests. Supervisors of Forests can adopt and customize the ideas and spirit of this paper in developing a forward-looking, cost-efficient direction for the recreation program of the Forest. The directors and staff of recreation in the Regions and Washington Office could examine the hypotheses of this paper and evaluate if they are valid in forecasting the direction recreation will take through the year 2005. If so, appropriate policy should be developed.

SUMMARY OF PROJECTS ON LOLO NF - 1985

Making Dispersed and Developed Recreation Available to Handicapped

Attraction	Activities Available	Work That Enabled Handicapped to Use the Site	Estimated Cost
Moore Lake high, cirque lake	- Outstanding mountain scenery - Fishing - Floating, raft, canoe - Camping, semi-primitive motorized - Remoteness	- 200 foot wheelchair trail from parking area to water's edge - Handicapped toilet was there. - Accessible camp spot created	$700 plus volunteers
Five Mile "Trail" (closed road)	- Outstanding mountain scenery - Wildlife viewing (deer, elk, bear eagles, and others) - Solitude - Exercise - Primitive,nonmotorized recreation	- Rent and install a portable handicapped toilet. - Provide a way for wheelchair to go around the road gate. - Sign as wheelchair trail and get out publicity.	$500 rental fee for toilet
Fort Fizzle picnic site and stream access	- Mountain scenery - Good fly fishing stream - Quietness	- 400 foot wheelchair trail from parking area to Lolo Creek - Wheelchairs can roll right into the stream near good fishing hole.	$300 plus volunteers
Camp Menard group picnic site	- Flat open area suitable for - "Rural" on ROS - Group activities can include both disabled and able bodied.	- Made existing handicapped toilet truly usable. - Took away one seat from a picnic table for wheelchair use. - Signed the trail.	$300

SUMMARY OF PROJECTS ON LOLO NF - 1985 (Continued)

Attraction	Activities Available	Work That Enabled Handicapped to Use the Site	Estimated Cost
Campgrounds--work that has begun & is being done in some of the popular Lolo campgrounds	- Motorized camping at developed campgrounds and accessing adjacent lakes and water recreation facilities	- Eliminate barriers around handicapped toilets. - Provide wheelchair access to water at swimming/beach area. - Take off seat on one side of some picnic tables or provide more overhang on ends of table tops. - Provide designated handicapped parking and remove barrier logs where they are in the way of wheelchairs. - Put handicapped symbol on the entrance sign of accessible campgrounds.	

The Lolo has set up a Recreation Capital Investment Program aimed at handicapped facilities. The objective is to provide opportunity for disabled people to use at least one site of every kind of recreation experience the Lolo NF has to offer. This means at least one accessible high lake, one big lake, one stream, one large campground, one small campground, one trail, etc. If we can do more than one of some, that is good, but this recognizes we will not go to the expense of making every site on the Forest available.

REHABILITATION
CENTER

APPENDIX A

Letter to selected individuals
asking opinion on
objectives of this paper.

JERRY COVAULT

Lolo National Forest
Building 24, Fort Missoula
Missoula, MT 59802

Telephone: 406-329-3876
FTS 585-3876

October 6, 1985

SIGN-OFF PAGE

I have reviewed the objectives for this paper and agree with the purpose. Jerry will be allowed time and resources to work on this paper.

ORVILLE L. DANIELS
Forest Supervisor

TARGETED READERS FOR THIS PAPER

FOREST SUPERVISORS ... who are interested in a recreation project that is management oriented, has low Forest Service cost with a high payoff to the local community.

RECREATION STAFF OFFICERS ... on National Forests who are seeking ways to serve a broader spectrum of the recreation public.

MEDICAL COMMUNITY ... that may be looking for innovative programs for rehabilitation of head injured, stroke, and handicapped patients.

FAMILIES WITH DISABLED MEMBERS ... who need outdoor recreation opportunities for their wellbeing.

ADVOCACY ORGANIZATIONS FOR THE DISABLED ... who may be looking for ways to improve the recovery process and quality of life for their clients.

THE PROBLEM/ISSUE/OPPORTUNITY AND WHY IT IS WORTH EXAMINING

The role of the National Forests in providing outdoor recreation has traditionally been oriented toward serving the young, strong, skilled, adventuresome, and able-bodied.

At the present time, outdoor recreation opportunities for the disabled are primarily limited to time spent at developed campgrounds. For many, their rehabilitation and quality of life could be enhanced by participating in a wider range of outdoor experiences.

The people who use the National Forests for recreation are changing. The huge baby boom population (1946-1961) that brought tremendous interest in hiking, backpacking, mountaineering, winter sports, camping, and use of rivers and lakes is now approaching middle age. This influencial group can once again be expected to impact recreation, but in a different way. A large segment find themselves burdened with family, career, and being overweight. Thus, theirexpectations of outdoor recreation have changed.

Considering this changing social situation along with the emphasis on decreased Government spending, the Forest Service should examine ways to serve the outdoor recreation needs of people looking for comfort, safety, and opportunity to reflect, at a slower pace, as well as those seeking to challenge and compete with nature.

This paper will focus on National Forest opportunities to help the less-than-able-bodied recover good health, self esteem, and a successful lifestyle. The opportunities and methods developed for this purpose may also lead to ways of serving the broader segment of the able-bodied (but not so strong and adventuresome) population.

OBJECTIVES

This paper will:

1. Identify disabilities that could benefit from outdoor experiences.

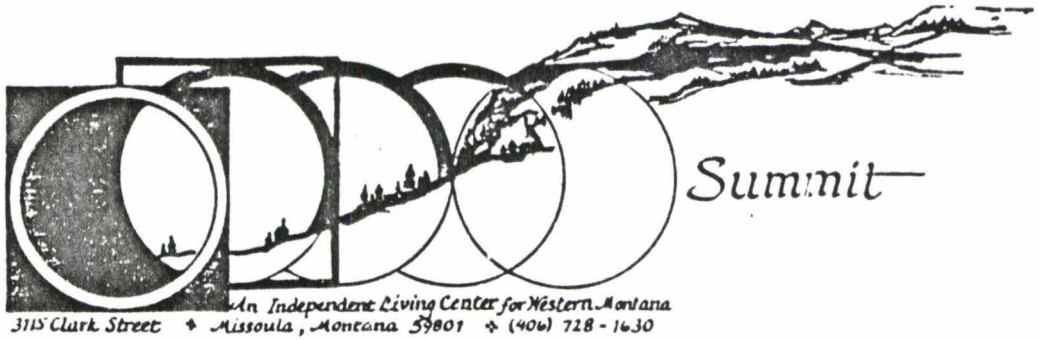
2. Show the needs disabled people have for outdoor recreation as a part of their recovery process and life style.

3. Identify opportunities on the National Forests that could be developed by the public or private sector to aid in rehabilitation of the disabled.

4. Discuss existing processes within Forest Service management systems that could be used to meet the needs of disabled people for rehabilitation.

APPENDIX B

Letter outlining attendance
and objectives of
October 9, 1985, meeting.



An Independent Living Center for Western Montana
315 Clark Street ✦ Missoula, Montana 59801 ✦ (406) 728-1630

AGENDA

Discussion of National Forest's Role in Rehabilitation of Handicapped People

LOCATION: Camp Menard, Nine-Mile Ranger District
TIME: 9:00am -- 11:00am
DATE: October 9, 1985
ATTENDING:

Missoula Community Medical Center & Rehabilitation Center:

* Dr. Susan Bertrand, Medical Director of MCMC Rehab Center
* Mr. Barry Kenfield, MCMC Administrator
* Dr. Denise Heller, Physiatrist
* Dr. Kevin Murphy, Ph.D.
* Dr. Dean Ross, Physiatrist
* Dr. Pat Webber, Ph.D.

U.S. Forest Services:

* Orville Daniels, Forest Supervisor, Lolo National Forest
* Chuck Spoon, Program Officer for Resources, Lolo National Forest
* Mary Hosmer-Billetdeaux, District Ranger, Nine-Mile Ranger District
* Jerry Covault, Recreation Staff Officer, Lolo National Forest
* Bob Hoverson, Resources Forester, Nine-Mile Ranger District

Family:

* Jeanie Murphy, mother of a disabled child

Representatives of the Disabled:

* Joyce Kalmes, SUMMIT
* Mike Mayer, SUMMIT

FOREST SERVICE DISCUSSION:

Recreation facilities in the National Forest: campgrounds, trails, lakes, streams. Forest Service efforts to make these available to handicapped. How Forest Service can work through special use permits to make land available for facilities.
Brainstorming--skiing and Viet Nam era, quiet forest setting for head injured, etc.

MEDICAL COMMUNITY DISCUSSION:

Type of illnesses and/or injuries that could benefit from rehabilitation involving the forest. How the individual could benefit. Kinds of facilities needed to make the forest resources available for rehabilitation.

M|C M|C Missoula Community Hospital
2827 Fort Missoula Road, Missoula, Montana 59801
Missoula Community Medical Center (406) 728-4100

FAMILY DISCUSSION:

What facilities and attractions do families with handicapped member need to use the forest.

HANDICAPPED INDIVIDUAL:

Facilities to use the National Forest should be oriented to provide for the individual's needs as well as group needs.

* Provide: solitude
hunting opportunity
access to water
independence

Set up a committee to follow up on action items developed during the discussio

Attendees:

Dr. Susan Bertrand
Mr. Barry Kenfield
Dr. Kevin Murphy
Dr. Dean Ross
Dr. Pat Webber
Dr. Denise Heller
Ms. Mary Hosmer-Billetdeaux
Mr. Jim Murphy
Ms. Joyce Kalmes
Mr. Mike Mayer
Mr. Orville Daniels
Mr. Chuck Spoon
Mr. Bob Hoverson

I think we were all enthused about the possibilities we discussed for use of the Lolo Forest in rehabilitation and improving the quality of life for victims of stroke and nervous system injuries.

This letter is to capture the ideas and decisions the group came up with.

We all seemed to agree that there is value in the projects that have been done this past summer. A key factor in utilizing these sites is the "Accessibility Information" developed by Summit. There was strong support for expanding these information sheets, even to the extent of developing a directory that could be distributed commercially. Joyce Kalmes will explore alternatives for building on the work that has been done and discuss these at our next meeting.

Basic information that came up in the discussion included:

1. Handicapped individuals and their families need to know what to expect when undertaking an outdoor experience.

2. Stroke victims are often timid so facilities that serve wheelchair needs, need to fit their needs too.

3. Rehabilitation must include ways to show the patient that there is more to life than being in the hospital.

4. Stroke is a growing disease and will continue to grow for the next 20 years.

5. Wives of stroke victims need to have their husbands get away with buddies.

6. There are few places you can go independently if you are fairly severly disabled.

7. Opportunity to experience safe-risk is essential to restore value to life for many of these patients.

8. Quality recreation experience is necessary and unexcelled in the rehabilitation process.

9. There are beautiful areas nearby that could benefit rehabilitation.

10. We could develop facilities that people would come to from all over the west to use.

Projects we identified that the medical community and the Forest Service may be able to cooperate on are:

1. Forest Service providing labor projects, i.e., trail construction.

2. Ranger Districts develop check in-check out system for handicapped person doing a "safe-risk" activity.

3. Forest Service providing a building or structure for certain brain injured activities.

4. Forest Service contracting with Summit for certain consulting services.

Before our next meeting, Dr. Pat Webber will get together a list of the kinds of disease and injury patients that could benefit. This will establish the need. Jerry Covault will develop a list of Forest Service facilities and opportunities that are physically available. From this we can discuss how to assist people in making use of these facilities and monitoring the results.

If I have missed some key points, give me a call.

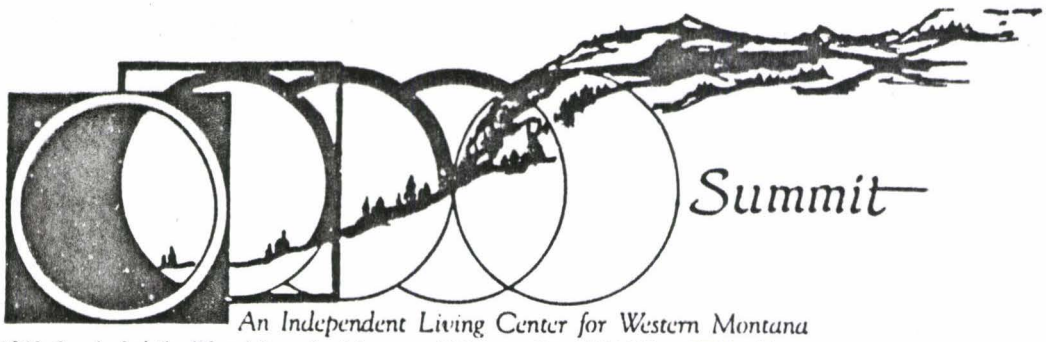
Joyce and I will get together to notify you of the next meeting time and place. It will probably be a few weeks off.

Jerry Covault

JERRY COVAULT
329-3876

APPENDIX C

Meeting objectives and write-up
of January 9, 1986, meeting.



An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

RECOMMENDATIONS TO FOREST SERVICE FOR BETTER SERVING
THOSE DISABLED DUE TO STROKE IN OUTDOOR RECREATION LAND USE

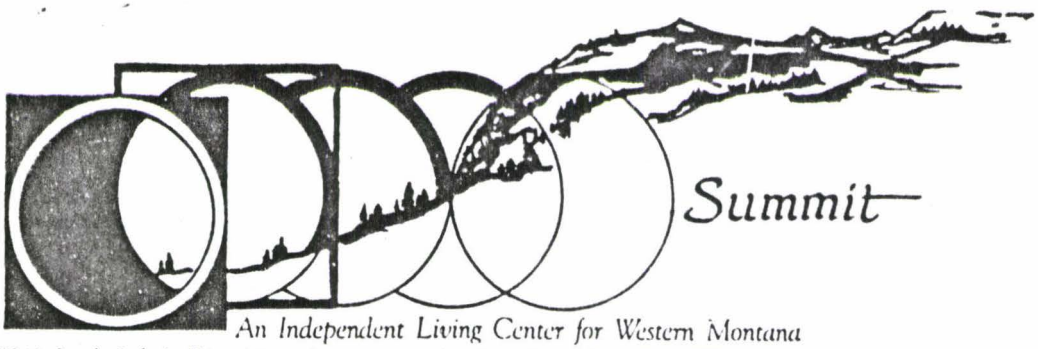
SUBMITTED BY: Pat Webber, Director - Cognitive Remediation Program
Community Hospital Rehabilitation Center

The cabin arrangement discussed in the section on head-injured would also serve people who have had strokes. Some communication system (telephone, 2-way radio) in cabins in case of emergency would be ideal.

Many people who have had strokes use a cane or walker and may need assistance, so fishing spots, trails, etc. should be wide enough for two people. Judgement and information sequencing may be impaired so well-marked trails are important. Signs can be numbered, or use some other simple, easy-to-follow symbols.

In general:

* A check-in system at recreation sites would increase safety and reduce stress on family and spouse.
* There is a need for good information on the sites.
* Cabins must be accessible and able to be reserved in advance.



An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

RECOMMENDATIONS TO FOREST SERVICE FOR BETTER SERVING THE VISUALLY IMPAIRED IN OUTDOOR RECREATION LAND USE

SUBMITTED BY: Judy Murphy, Recreation Therapy Supervisor,
Community Hospital Rehabilitation Center
Mike Connor, Counselor
Visual Services - Missoula RSD

Mike identified two major groupings of visually impaired:

* those who were ambulatory and very self-sufficient
* those who were more dependent

It is his experience that the more idependent visually impaired persons can use the same outdoor facilities as the visually unimpaired and the more dependent visually impaired persons will always have someone with them to help them so that they, too, can use the same outdoor facilities as the visually unimpaired.

However, what prevents the visually impaired from using more outdoor areas is an "informational deficit", not an "architectural deficit." They lack information about outdoor areas.

Thus, the major recommendation to the Forest Service is that they begin to get their informational packets and brochures and maps into a form that a visually impaired person can use: tapes, large print hand-outs, braille hand-outs He stressed that the best method would be tapes, since tapes could be used by other than visually impaired persons as well. This includes information about general park locations.

In terms of architectural features, it was decided that the focus should be on signs and on developed paths.

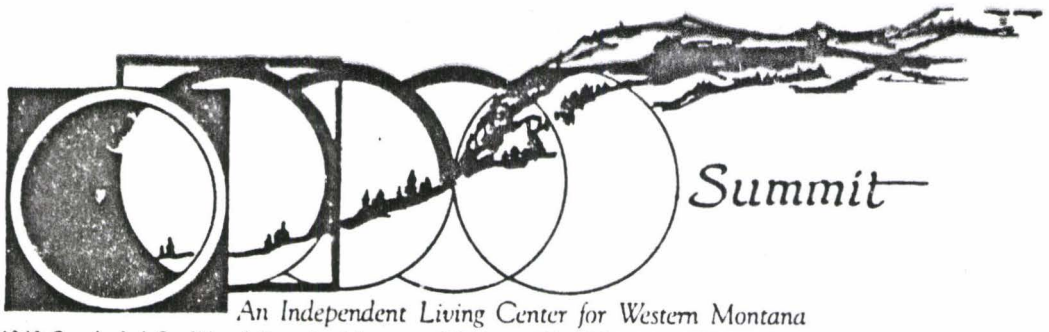
Signs:

* make sure they are in a place that can be walked up to, so that a person can choose to read them more closely;
* should be in LARGE, clear letters or designs;
* should have high contrast in colors (e.g. black on white or yellow, white or yellow on black)

Developed Paths:

* if possible, they should have some land feature every few feet to distinguish them, like a small bump;
* can be lined with ropes.

In the ideal, there would be a taped guide at the beginning of a trail, whether gotten on site or avilable from the Forest Service in advance.



An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

RECOMMENDATIONS TO FOREST SERVICE FOR BETTER SERVING
HEAD-INJURED INDIVIDUALS IN OUTDOOR RECREATION LAND USE

SUBMITTED BY: Pat Webber, Director - Cognitive Remediation Program
Community Hospital Rehabilitation Center

In terms of sites, the ideal would be 1 campsite with 3-4 accessible cabins, 2 restrooms (at least 1 if not both accessible) and accessible, well-marked, circular trails (loops). The head-injured suffer from poor memory and judgement, so circular trails that begin and end at the campsite would be safest - individuals need only follow the trail to return to camp.

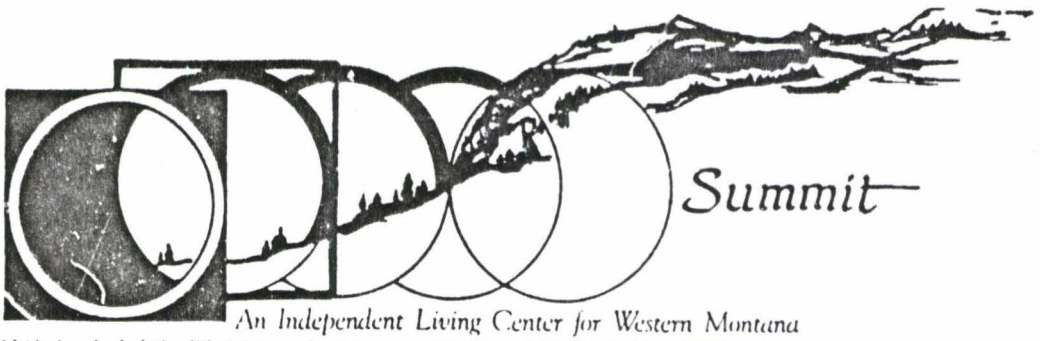
Possible variations for use of such a campsite include:

* Weeklong camping trips for 6-8 patients and 4 staff members, to be held 2-3 times per year.
* Three-day camping trips for the head-injured who have physical disabilities (i.e. are wheelchair-bound), to be held 2-3 times per year.
* Cabins could be open to general public, but special populations could reserve them in advance.

This arrangement would also meet the requirements of the Developmentally Disabled population and such groups as Mountain D.O.G., senior citizens, and nursing homes.

It is important that there be a check-in service to insure that the head-injured return from the recreation site. Some may have problems remembering to check in so some sort of safeguard may be necessary (e.g. call their home telephone to find out if person made it home).

Another use of national forests could be providing job sites to provide realistic setting for training of cognitive skills. This would be different from a job evaluation with heavier Cognitive Remediation Program staff involvement - considered "treatment". Some problems with Workmen's Compensation would have to be worked out.



An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

RECOMMENDATIONS TO FOREST SERVICE FOR BETTER SERVING
DISABLED PERSONS IN OUTDOOR RECREATION LAND USE

SUBMITTED BY: Judy Murphy, Recreation Therapy Supervisor
Community Hospital Rehabilitation Center

It is my experience that persons will most use land areas with which they are familiar. The best way to encourage familiarity is to provide well-written, thoroughly descriptive booklets and distribute these to the appropriate persons.

These booklets should give a complete picture of the particular land area. They can also give ideas for how to experience the land area: for instance, if the area is a trail, the booklet should include a self-guided trail experience. If the area is a campground, it can list ways to camp for a variety of different sized groups.

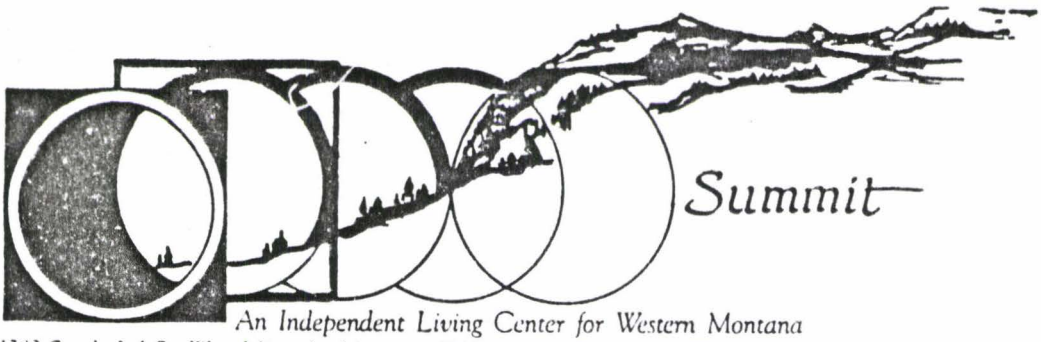
These booklets can also give "recipes" for outdoor experiences, including game-like experiences, general adventure experiences, imaginative experiences, etc.

In distributing these booklets, it would be useful to do it in a person-to-person manner, hiring a recreation consultant who can go through the booklet with the individuals responsible for organizing outings for disabled persons. Just mailing out booklets is useful but does not guarantee that they will be read or understood. There can be "educational groups" for "loved ones."

And/or . . .

In developing a booklet, and as a way to spread information, the various persons responsible for outdoor recreation for diabled could be sent initial copies to "proof" and give opinions about. This might assure their being read and may provide valuable additional ideas.

There are a variety of networks to distribute booklets, including the membership of various professional groups such as the Montana Therapeutic Recreation Society. They can also be given out routinely in discharge packets in the rehabilitation facilities. Mailing lists of individuals can be secured at the various organizations who serve the disabled.



An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

RECOMMENDATIONS TO FOREST SERVICE FOR BETTER SERVING
SPINAL CORD INJURED IN OUTDOOR RECREATION LAND USE

SUBMITTED BY: Joyce Kalmes, Peer/Community Coordinator
SUMMIT Independent Living Center
Mike Mayer, Peer Counselor
SUMMIT Independent Living Center

In terms of sites, diversity is needed to provide opportunities for water activities, camping, hiking, solitude, picnicking, access to flora/fauna, hunting, and horseback riding.

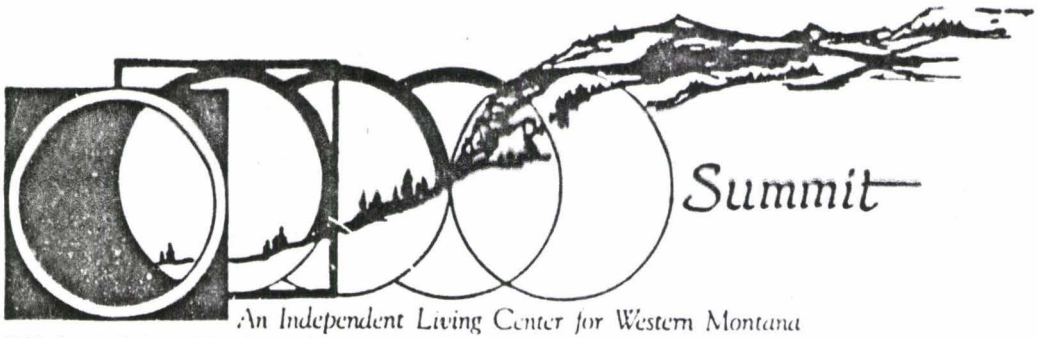
At sites, there must be:

* adequate parking space
* barrier-free and wheelchair access from parking area to site
* barrier-free and wheelchair access to facilities at site (i.e. restrooms, picnic tables, lake, stream, trails, water faucets, etc.)

Trails should have minimal grade, no side slope, hard and smooth surface, adequate width and no obvious barriers.

In general:

* Sites should have signage at least at entrance and at trailheads.
* Information on sites should include attractions available, accessibility of facilities, detailed directions on how to get there.



An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

RECOMMENDATIONS TO FOREST SERVICE FOR BETTER SERVING
GROUPS AND FAMILIES IN OUTDOOR RECREATON LAND USE

SUBMITTED BY: Jim Murphy, parent of disabled child
911 Parkview Way, Missoula, MT 59803

In terms of sites, there is a need for accessible cabins, campsites and day-use picnic areas.

Cabins should be available by reservation to special populations, elderly couples, and families with disabled children. Sites with single cabins would meet the needs of families and elderly couples, while groups require sites with several cabins to accommodate a number of people. Two accessible toilets per site would be ideal. For safety, a mandatory check in system should be implemented - users would be required to check in and check out to reserve cabins. In case of emergency, cabins should be equipped with some sort of communication system (2-way radio, walkie-talkie, etc.).

Campsites should be wheelchair accessible and provide a variety of recreation opportunities (e.g. fishing, swimming, trails). For families with small children, restroom should be equipped with a table for changing diapers. Table should hold up to 100 lbs. and fold up when not in use to save space. Campsites could be reserved to insure that users have camping space when they get there. A reservation system would also document use.

The same recommendations also apply to day-use picnic areas.

Suggested ways to spread the word on these recreation sites include:

* SUMMIT newsletter
* Recreational Therapists of Montana newsletter
* Rehabilitation Centers in Billings, Great Falls, Missoula
* Send booklets to families of disabled children
* Special groups such as Mountain D.O.G., Senior Citizens Service, Developmentally Disabled population, parents organizations, YMCA.

United States Department of Agriculture | Forest Service | Lolo National Forest | Building 24 Fort Missoula Missoula, MT 59801

REPLY TO: 2350

Date: Jan 17, 1986

SUBJECT: Opportunities for Handicapped-Meeting Notes

TO:
Dr. Susan Bertrand
Dr. Pat Webber
Dr. Dean Ross
Dr. Kevin Murphy
Dr. Marks
Dr. Denise Heller
Mr. Berry Kenfield
Ms. Joyce Kalmes
Mr. Mike Mayer
Mr. Jim Murphy
Mr. Orville Daniels
Mr. Jerry Covault

The above-named people from Missoula Community Medical Center, Summit Independent Living Center, and the Lolo National Forest met January 8 to followup on the progress that has been made in cooperating on rehabilitation and recreation opportunities for the disabled.

Since the October 9, 1985, meeting Dr. Webber has pulled together a list of needs that the medical people believe could help in rehabilitation. These focused on a way to get outdoor recreation information to the handicapped people in a way they can use it. The other need was to have some treatment buildings for patients and their families that would be in a forest setting.

The other items discussed were those brought up at the October meeting: Forest Service work projects, check-in system, cabins, and contracting with Summit.

Orville Daniels' response to these items was:

1) The Lolo will produce a booklet of handicapped recreation opportunities on the Lolo. Jerry Covault will work with Summit on it. We will have it available for the summer of 1986. The Lolo will produce the first issue, but if more printings become necessary, another source will have to produce them.

2) The Forest will work with Community Medical Center to develop a permit allowing use of either Lolo Ranger Station or Savanac Nursery for rehabilitation and recreation of disabled. Orville will not allow all of the buildings at either site to be under permit, but there will be enough sharing to make a program workable.

Joyce Kalmes and Jerry Covault will set up a trip to visit the sites. At that time, decisions will be made to determine if we should proceed with permits or not.

If something is worked out for hospital use of one or both of these sites, this would provide the opportunity for work activities, etc., administered by the hospital itself rather than a Forest Service operated project. Orville did offer the possibility of using opportunities for work in the Lolo Supervisor's Office for rehabilitation patients.

3) The Forest is willing to contract with Summit for consulting services.

4) The Forest Service is not able to set up a formal check-in/check-out system for handicapped people using Forest Service facilities.

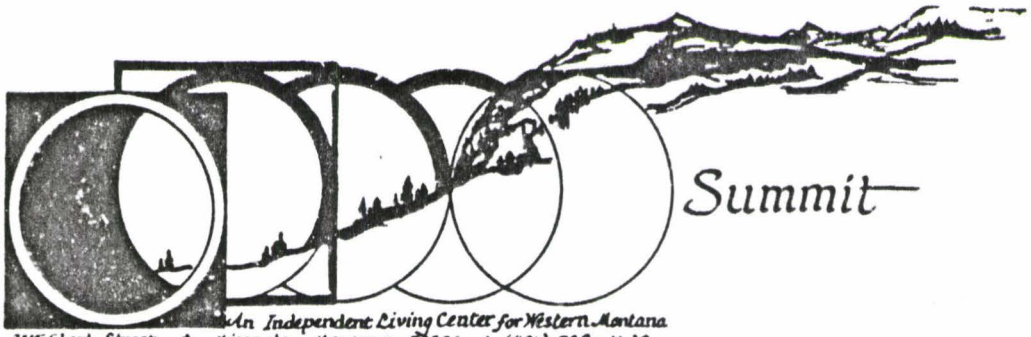
It was agreed we would hold another meeting in about two months to check on progress.

Jerry Covault

JERRY D. COVAULT
Forester

APPENDIX D

Recreation area information
for the handicapped.



OUTDOOR RECREATION SITE
Accessibility Information and Attractions

SEELEY LAKE CAMPGROUND

Forest Service site: Seeley Lake Ranger District, Lolo National Forest

Attractions: Camping, picnicking, fishing, swimming, boating. This large developed campground at the edge of Seeley Lake offers a beautiful view of the Swan Mountains from beach area.

Facilities: Two accessible comfort stations with flush toilets and running water; 29 camp units with pullouts, tables, fireboxes; 9 picnic sites with pullouts, tables, fireboxes; water faucets; boat launch; public telephone.

Accessibility Information:

* Most of site is flat.
* Accessible toilet stalls in comfort station have grab bars, are small. With some wheelchairs stall door may not close completely.
* Standard picnic tables. Difficult to use for wheelchair users.
* Concrete fireboxes with metal grill, 14 inches high. Serviceable.
* Most camp and picnic units suitable for wheelchair use except for picnic tables.
* Campground roads paved or hard-packed.
* Boat launch has gentle slope, surfaced with hard-packed sand.
* Access to beach/swim area near boat launch. Wheelchair users will need assistance due to deep sand.

Miscellaneous Notes:

* This is a U.S. Fee Area ($5.00 mid-June through early September).

Location: Three and a half miles west of Seeley Lake, Montana. Take Boy Scout Road at south end of town. To reach Seeley Lake from Missoula: travel east on I-90 for 5 miles and take exit 109 (Bonner, Great Falls). Follow Highway 200 east-northeast for 33 miles to Clearwater junction; turn north (left) onto Highwa 83 and travel 15 miles to Seeley Lake.

M|C M|C Missoula Community Hospital
2827 Fort Missoula Road, Missoula, Montana 59801
Missoula Community Medical Center (406) 728-4100

Summit
An Independent Living Center for Western Montana
3115 Clark Street ✦ Missoula, Montana 59801 ✦ (406) 728-1630

OUTDOOR RECREATION SITE
Accessibility Information and Attractions

SEELEY LAKE CAMPGROUND

Forest Service site: Seeley Lake Ranger District, Lolo National Forest

Attractions: Camping, picnicking, fishing, swimming, boating. This large developed campground at the edge of Seeley Lake offers a beautiful view of the Swan Mountains from beach area.

Facilities: Two accessible comfort stations with flush toilets and running water; 29 camp units with pullouts, tables, fireboxes; 9 picnic sites with pullouts, tables, fireboxes; water faucets; boat launch; public telephone.

Accessibility Information:

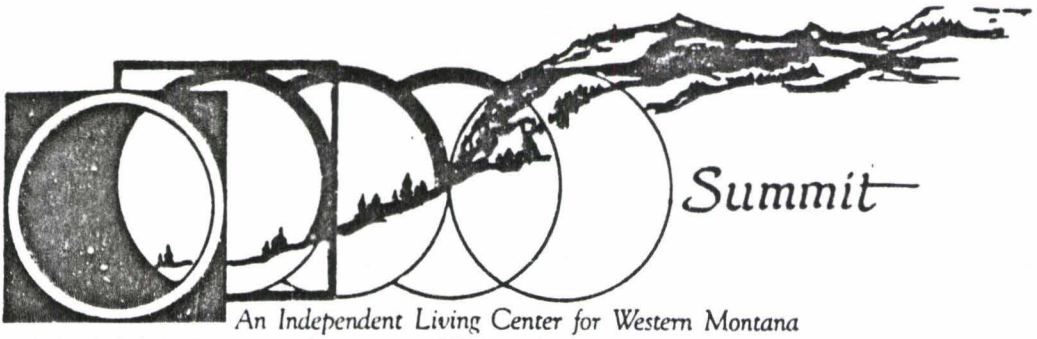
* Most of site is flat.
* Accessible toilet stalls in comfort station have grab bars, are small. With some wheelchairs stall door may not close completely.
* Standard picnic tables. Difficult to use for wheelchair users.
* Concrete fireboxes with metal grill, 14 inches high. Serviceable.
* Most camp and picnic units suitable for wheelchair use except for picnic tables.
* Campground roads paved or hard-packed.
* Boat launch has gentle slope, surfaced with hard-packed sand.
* Access to beach/swim area near boat launch. Wheelchair users will need assistance due to deep sand.

Miscellaneous Notes:

* This is a U.S. Fee Area ($5.00 mid-June through early September).

Location: Three and a half miles west of Seeley Lake, Montana. Take Boy Scout Road at south end of town. To reach Seeley Lake from Missoula: travel east on I-90 for 5 miles and take exit 109 (Bonner, Great Falls). Follow Highway 200 east-northeast for 33 miles to Clearwater junction; turn north (left) onto Highway 83 and travel 15 miles to Seeley Lake.

MC MC Missoula Community Hospital
2827 Fort Missoula Road, Missoula, Montana 59801
Missoula Community Medical Center (406) 728-4100



An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

OUTDOOR RECREATION SITE
Accessibility Information and Attractions

FORT FIZZLE HISTORIC SITE

Forest Service site: Missoula Ranger District, Lolo National Forest.

Attractions: National Historic site -- Nez Perce Indian wars interpretive sign; fishing, picnicking, scenic views. No overnight use.

Facilities: Interpretive sign, accessible toilet, dispersed picnic sites, accessible trail (approximately .1 mile long) with fishing access, ample parking.

Accessibility Information:

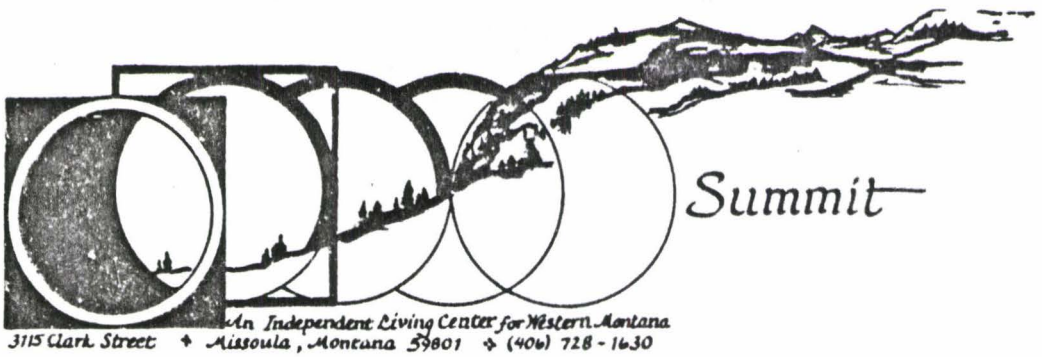
* Most of site is flat.
* Accessible toilet is large, has wide door, grab bars.
* Standard picnic tables -- difficult to use for wheelchair users.
* No barbecue grills or fireboxes.
* Trail from parking area to creek is wide, smooth, with hard-packed gravel surface. Minimal grades. Provides fishing access at several spots on Lolo Creek.
* Parking area has hard-packed, level surface.

Miscellaneous Notes:

* No water faucets or garbage receptacles.
* No overnight camping.

Location:

From Missoula travel south for ten (10) miles on Highway 93. At junction of Highway 93 and Highway 12, turn west (right) onto Highway 12 and travel two (2) miles.



3115 Clark Street ✦ Missoula, Montana 59801 ✦ (406) 728-1630

OUTDOOR RECREATION SITE
Accessibility Information and Attractions

LAKE ALVA CAMPGROUND

Forest Service site: Seeley Lake Ranger District, Lolo National Forest

Attractions: Camping, picnicking, fishing, boating, lakeside paths. This large, developed campground has lots of trees, is situated at the north end of Lake Alva. Beautiful view of lake and surrounding timber from beach area.

Facilities: 41 camp units with pull-out tables and fireboxes; one (1) picnic site with table and upright grill; two (2) small-group camp units (6-7 cars each) with group tables and fireplaces (must be reserved --$15 per day fee); three (3) accessible toilets; water faucets (in-season); concrete boat launch.

Accessibility Information:

* Accessible toilets are large, have wide doors, grab bars.
* Standard picnic tables in camp units. Difficult to use for wheelchair users; better than standard tables, but are not ideal.
* Concrete fireboxes with grills 14 inches high; serviceable.
* Most camp units suitable for wheelchair users, except for picnic tables.
* Access to beach via path. Path near beach is steep, nearly all wheelchair users will need assistance. Beach is small, has mild slope to water's edge, fine gravel surface.
* Concrete boat launch is steep.
* Graveled paths that wind through woods near lake not designed for handicapped use, but are suitable for the more adventurous. Paths are narrow, somewhat rough in spots due to roots and rocks. Minimal assistance may be required for wheelchair users.
* Most water faucets are accessible.
* Fishing possible at beach but water is shallow; best bet for disabled would be to fish from a boat.

Miscellaneous Notes:

* This is a U.S. Fee Area ($4.00 mid-June through early September).

Location:

Eleven (11) miles northwest of Seeley Lake, Montana, just off Highway 83 at mile post 26. To reach Seeley Lake from Missoula, travel east on I-90 for 5 miles and take exit 109 (Bonner, Great Falls). Follow Highway 200 east-northeast for 53 miles to Clearwater Junction; turn north (left) onto Highway 83 and travel 15 miles to Seeley Lake.

M|C M|C Missoula Community Hospital
2827 Fort Missoula Road, Missoula, Montana 59801
Missoula Community Medical Center (406) 728-4100

Summit
An Independent Living Center for Western Montana
1280 South 3rd St. W. • Missoula, Montana 59801 • (406) 728-1630 • TTY / V

OUTDOOR RECREATION SITE
Accessibility Information and Attractions

FORT FIZZLE HISTORIC SITE

Forest Service site: Missoula Ranger District, Lolo National Forest.

Attractions: National Historic site -- Nez Perce Indian wars interpretive sign; fishing, picnicking, scenic views. No overnight use.

Facilities: Interpretive sign, accessible toilet, dispersed picnic sites, accessible trail (approximately .1 mile long) with fishing access, ample parking.

Accessibility Information:

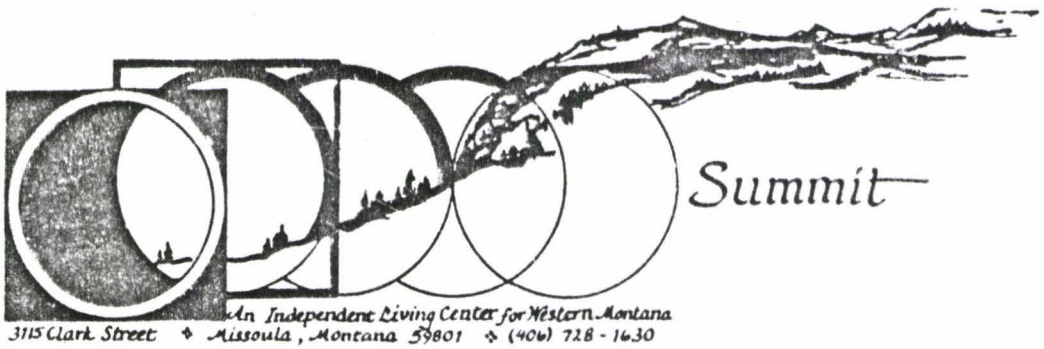
* Most of site is flat.
* Accessible toilet is large, has wide door, grab bars.
* Standard picnic tables -- difficult to use for wheelchair users.
* No barbecue grills or fireboxes.
* Trail from parking area to creek is wide, smooth, with hard-packed gravel surface. Minimal grades. Provides fishing access at several spots on Lolo Creek.
* Parking area has hard-packed, level surface.

Miscellaneous Notes:

* No water faucets or garbage receptacles.
* No overnight camping.

Location:

From Missoula travel south for ten (10) miles on Highway 93. At junction of Highway 93 and Highway 12, turn west (right) onto Highway 12 and travel two (2) miles.



3115 Clark Street ✦ Missoula, Montana 59801 ✦ (406) 728-1630

OUTDOOR RECREATION SITE
Accessibility Information and Attractions

LAKE ALVA CAMPGROUND

Forest Service site: Seeley Lake Ranger District, Lolo National Forest

Attractions: Camping, picnicking, fishing, boating, lakeside paths. This large, developed campground has lots of trees, is situated at the north end of Lake Alva. Beautiful view of lake and surrounding timber from beach area.

Facilities: 41 camp units with pull-out tables and fireboxes; one (1) picnic site with table and upright grill; two (2) small-group camp units (6-7 cars each) with group tables and fireplaces (must be reserved --$15 per day fee); three (3) accessible toilets; water faucets (in-season); concrete boat launch.

Accessibility Information:

* Accessible toilets are large, have wide doors, grab bars.
* Standard picnic tables in camp units. Difficult to use for wheelchair users; better than standard tables, but are not ideal.
* Concrete fireboxes with grills 14 inches high; serviceable.
* Most camp units suitable for wheelchair users, except for picnic tables.
* Access to beach via path. Path near beach is steep, nearly all wheelchair users will need assistance. Beach is small, has mild slope to water's edge, fine gravel surface.
* Concrete boat launch is steep.
* Graveled paths that wind through woods near lake not designed for handicapped use, but are suitable for the more adventurous. Paths are narrow, somewhat rough in spots due to roots and rocks. Minimal assistance may be required for wheelchair users.
* Most water faucets are accessible.
* Fishing possible at beach but water is shallow; best bet for disabled would be to fish from a boat.

Miscellaneous Notes:

* This is a U.S. Fee Area ($4.00 mid-June through early September).

Location:

Eleven (11) miles northwest of Seeley Lake, Montana, just off Highway 83 at mile post 26. To reach Seeley Lake from Missoula, travel east on I-90 for 5 miles and take exit 109 (Bonner, Great Falls). Follow Highway 200 east-northeast for 33 miles to Clearwater Junction; turn north (left) onto Highway 83 and travel 15 miles to Seeley Lake.

M|C M|C Missoula Community Hospital
2827 Fort Missoula Road, Missoula, Montana 59801
Missoula Community Medical Center (406) 728-4100